

HOW CAN I PROTECT MYSELF?



No swimming or wading in water that might be contaminated with animal urine (especially after a heavy rainfall or flood).



Protective clothing or footwear should be worn by those exposed to contaminated water or soil.



Properly cover food at all times to protect it from rodents (rats and mice).



Children to avoid playing in muddy water or puddles of water.



Eliminate contact with potentially infected animals including your own pets.



Appropriate personal protective equipment to be worn by those who work in farms & abattoirs.



Ensure your homes are free of rodents.



Keep livestock away from your compound.

WHERE IS IT COMMON?

In Fiji, Leptospirosis is common in both rural and urban areas.

In rural areas, it is common to those who live in and close to farms, and rear livestock.

Increase in Leptospirosis is linked to high rainfall, flooding, natural disasters, poor sanitation, population growth and urbanization.

Visit your nearest health centre if you have any of the signs and symptoms of Leptospirosis.

For more information visit www.health.gov.fj



MINISTRY OF HEALTH
& MEDICAL SERVICES

LEPTOSPIROSIS

WHAT YOU MUST KNOW



WHAT IS LEPTOSPIROSIS?

A common disease passed from animals to humans.

Caused by infection with the Leptospirosis bacteria.

Occurs mainly in tropical or sub tropical countries (like Fiji) in both urban and rural settings.

The incubation period* for Leptospirosis is usually 5-14 days.

**The incubation period is from the time of exposure to the bacteria until you show the first symptoms.*



SIGNS AND SYMPTOMS



Fever



Dizziness



Vomiting



Nausea



Conjunctival suffusion
(redness of the white
portion of the eyes)



Muscle
Pain



Headache

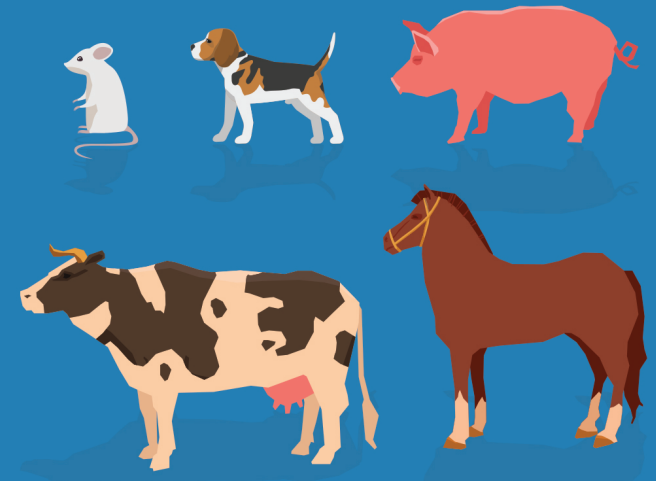


Abdominal pain

HOW IS IT SPREAD?

Infection is caused by the Leptospirosis bacteria that are excreted in the urine of infected animals,

including rodents, domestic pets, livestock and wildlife.



When the bacteria is released in the environment, it can survive in soil or water for weeks or longer.

Humans can become infected through direct contact with infected animals, or through contact with soil or water contaminated by the urine of infected animals.

There is no human to human transmission.

